

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

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A Copy

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AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

May 20 to June 19

I listen to the inspiration of the Holy Spirit, and it illumines me.

Through the Spirit of truth I now partake of Christ substance and Christ life, in Holy Communion, and I am made whole.

Spirit substance now floods my mind, and prosperity is manifest in my affairs.

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JUNE
1936

UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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TRUE RELIGION

Who has a better religion than he who resigns his face to God, and does good?

—*Koran.*

THE EXCHANGE

We give to God our worrying,
Exchange it for His peace;
We give to Him our problems great
And all our troubles cease.
We give God all our thoughts of fear,
Exchange for courage bold;
We give Him our belief in lack,
He gives us Spirit's gold.
We give our sense of grim disease,
For this He gives us health;
We give to Him our time to serve,
Exchanging it for wealth.
We give to God a hateful heart,
Which He with love repairs;
And thus we give, and thus receive
His blessings for our cares.

THE PRAYER WITHOUT AN IF

WE STUDENTS of prayer are offered the Lord's Prayer as the perfect prayer, and quite often we use it as a model when we would formulate one of our own. Unlike many prayers composed by man, the Lord's Prayer is without an "if." In reading it we find that it does not say: Oh God, *if* Thou art in heaven, *if* Thy will be done, *if* Thou forgivest us, *if* Thou deliverest us from evil—we shall be blessed!

When you pray, do you include an if in your prayer? Do you think in terms of if even though there be no if in your prayer? Somewhere in the secret places of your mind is there an if: if this or that happens, your prayer will be answered? When you give yourself a metaphysical treatment for health, do you at the same time think that your treatment will be effective if——?

Do you not see that the if state of mind is that which works against results and that God cannot answer your prayer as long as you attach a proviso to it? The "if consciousness" of man is one that works against his good, against the answer to his prayer, against God. Thinking in terms of if when he prays, he thinks in a language that God does not understand. To God there is no if, no contrary or limiting condition. The language of God and of prayer is positive and without provisos.

The man who would succeed finds that he must go ahead in spite of what appears to be an if that would delay or limit his success. He knows that should he get into the if consciousness, he would be working at cross-purposes with himself. Many a man has failed to reach the goal because his thought was upon some if instead of being fixed on the goal. In fact, we might classify those who do not get an answer to their prayers, who fail to demonstrate health and success, as those who belong under the heading "In Bondage to If."

Many persons who fail to pray aright put the blame upon God when their prayers are not answered. They say that it is not God's will for their prayers to be answered. Jesus did not pray in this wise. His prayer was positive and affirmative: "Thy will be done." He knew that the will of His Father was always good will. Jesus always sought to get away from any limited thought about the will of God and to have the will of God be done. In this way Jesus became an example to us. He sought to have us rise out of the limitations of our human will and above all not put limitations upon the will, the good will, of our Father. He knew that when He prayed "Thy will be done," good would be done.

Certainly the invalid who spends weeks or years on a bed of pain must not be taught that it is God's

will. In Truth we know that God's will is good will, health, joy, and plenty. Were an invalid to think that he could recover if it were not for God's will binding him to a bed of pain, he would have little chance to recover. Usually the if that one encounters in prayer or treatment centers around the question whether God's will is good or not, good or evil.

Those who like Jesus take an absolute stand when praying lose all sight of "if." They realize that prayer cannot be valid, scientific, and dependable if it is conceived in terms of if. They find that that which works against their prayers and their own interests is not the will of God but their bondage to if.

Certainly the life of God is the positive life, life without condition, compromise, proviso, or limitation. Did we not come into Truth because its offer of living without ifs appealed to us? How else are those in Truth to be distinguished from those without its pale? Those without an understanding of Truth may pray in terms of if, but certainly to students of Truth there is no prayer with a proviso.

The prayer without an if is Jesus' prayer to His Father. It is our prayer when we learn to pray without putting limitations on God. It is the prayer of one who abides in the consciousness of prayer.

THE PERFECT HEALTH TREATMENT

WHEN YOU give yourself a metaphysical health treatment, what takes place is a very simple matter. Your mind becomes so engrossed in thinking about God and your health that it no longer serves as an avenue through which disease thoughts enter the body. This means that your mind now functions in two ways. It keeps thoughts of disease from being outpictured on your body, and it is a channel through which the healing power of God is exerted.

If you want health, see that you think health. This means keeping belief in disease out of your mind as well as establishing thoughts of health in your mind. It means your becoming so interested in health that you no longer think in terms of disease. The perfect health treatment is one in which our whole thought is turned to God so that His healing power thereby becomes focused upon us. The proof of its perfection lies in its results: perfect health.

Mind action in treatment means much more than just thinking. The mind must get into the mood of health just as it has been in the mood of disease. The mood of health must be so active in us that our health becomes tangible. Getting into the mood is a matter of getting into the very Spirit of Life.

The perfect health treatment brings us into close relation with God, who is our health. The soul so

rejoices in its relations with God that it casts out every thought of disease from the body and makes way for the presence of God as health. We can see that perfect health is but a by-product of perfect prayer. Health but comes to us as compensation for praying aright.

The person who does not have health is lacking in the sense of his wholeness in the great life of God. To him there is something lacking or incomplete in God's life and especially in his own relation to it. This lack of health results from a lack of consciousness of health.

Do you see that the perfect health treatment consists mainly in clear vision: seeing the presence of God as health instead of disease? Do you see that your perfect health depends upon your ability to go through the vestibule of prayer into the mood of health that is established as your own tangible health? Do you not see that in order to be healthy you must enter into that high realization of perfect health which knows no compromise with man's belief in disease?

The perfect health treatment is the perfect prayer for health, the prayer for perfect health finding its expression in the mood of health. The new interpretation of the teachings of Jesus and the Bible as presented by the study of Truth discloses health as man's

birthright, his heritage when he is in right relations with his Father. Man finds these right relations through prayer. Health results. The measure or degree of perfection depends entirely upon the measure or degree of his ability to pray and to reach the consciousness of perfect health.

This message to you is of benefit to you only if it inspires you to see that health can be yours through your praying aright, placing yourself in right relation to God. You are to keep out of mind all belief in disease. You are no longer to think of disease as having presence and power in your mind or body. You are to recognize the healing presence and power of God. You are to accept Him as your health. You are to cease associating with disease in your thought and to live entirely with health in mind.

You may read expensive books on metaphysical treatment, you may have access to skilled teachers, yet all they can give to you is the very simple knowledge that you must turn to the mood of prayer, the mood of health, if you would be healed. There is no "secret" teaching on this subject. Powerful affirmations will be of great service. Faithfulness to daily periods of silence and prayer will be necessary.

As your treatment grows in strength, as you increase in the consciousness of the presence of God, your health will increase.

WHEN SOME ONE DISTURBS

WHEN ANOTHER PERSON disturbs you, you may be sure that you have been indulging in some adverse state of mind that you identify in some wise with this person. The person may not be to blame at all. He is not responsible for the way you function mentally. You may have built up a state of mind that he is not responsible for in the least.

Learn to see other persons and external things entirely from the standpoint of mind. When persons or things irritate you, learn to view your mind in an impersonal way and see just what your own mental attitude has contributed to the situation. Cease to blame other persons for your own adverse experiences. You were put in this world independent of the thought of others. You are to work out your problems not from the standpoint of what others think and do but from the standpoint of your own mental power. You have help in this through the power of God.

You should exercise great care in identifying others with the cause of your unhappiness or failure. When you do so, when you acknowledge to yourself that another person has worked against you or proven to be too much for you, you weaken yourself in your own estimation. Certainly you weaken the impression that the other fellow has of you.

The other fellow can disturb you only if in your own mind you first consent to be disturbed. He has no power to disturb or irritate you unless you first enter into a receptive mood. You can easily see that refusing or consenting to be irritated lies within your own province. God has endowed you with this power.

As the student of metaphysics goes on and on he becomes more and more interested in leaving others and their affairs alone. He thinks of others only when he is called upon to help them. He leaves their personal interests alone unless they call upon him for advice or service.

You would be surprised sometimes to know how little other persons are interested in your more personal affairs. Do not hastily accuse them of having an undue interest in you or your more intimate concerns. When you cease to believe that others come into your life without respect to your own interests, you will find that you cease to believe that they can irritate you.

God has set you and your inner life entirely apart from that of other persons. They do not enter into your inner life and you do not enter into theirs. You are to come together only in the universal unity wherein you love one another. You can see that when you understand your relation to others they no longer have power to disturb you.

SPIRITUAL HEALING

WHAT IS spiritual healing? How may we know when we have received a spiritual healing? What is the experience of one who is spiritually healed? Teachers of metaphysics are often asked questions of this kind. The impetus given to the study of Truth and the teachings of Jesus in recent years has led many persons to inquire about Christian healing.

Spiritual healing is healing that results from the individual's experiencing spiritual consciousness. It is the healing first of all of mind and soul—regeneration—from which healing of the body comes. The characteristic of spiritual healing that distinguishes it from all other therapeutics is that there is a regeneration and transformation of the mind and soul. The individual who experiences spiritual healing definitely knows that something has taken place within him in addition to his bodily healing. He knows that he has been lifted to Christ, that he has experienced spiritual consciousness, that his soul has been regenerated. He has seen something of the eternal verities of life. He has been drawn closer to God.

The person who has had a spiritual healing feels a distinct change in mind and in soul. His soul has experienced a certain inner and indescribable vision of heavenly things. His mind is exalted to new and

higher levels. He feels less and less a dependence upon things of the world. He draws nearer and nearer to Christ.

Spiritual healing is that which comes to us in our physical body when the mind and the soul have been healed. A certain tension and pressure of unholy thoughts in mind is relieved through soul regeneration and exaltation, and disease loses power to perpetuate itself in the body. The Spirit breathes upon the soul and the mind begins to entertain holy and healing thoughts.

In Christian healing the individual beholds Christ in his spiritual consciousness. Transformation of mind and of body follows. Christian healing is but an afterthought of the work that takes place in mind and in soul. The will of Christ is that soul regeneration takes place before the individual receives his physical healing.

Do you see now what spiritual healing is; that it is a healing of the threefold man: mind, soul, and body? The individual who is spiritually healed is different from what he was before. The mind and soul change, the inner and invisible something that takes place causes him to think of himself and to see life in a new way and from a different viewpoint. He regards his physical healing as but incidental to the healing of his mind and soul.

GOD'S GOOD DAY AND MINE

Today with all its blessings rife,
Today so full of health and life
 Is God's good day and mine.
Today I know that blessings rare
Will come to me from everywhere;
Today with me all good He'll share;
 It's God's good day and mine.

Today I'll claim more of my health,
Today I vow to use God's wealth;
 It's God's good day and mine.
Today is best of all the days
To love God more, His good to praise;
God goes with me in all my ways;
 It's God's good day and mine.

Today is given me to know
That God His goodness now will show;
 It's God's good day and mine.
Today's a day so wondrous fair
That I go forth to do and dare;
I'm free from worry and from care;
 It's God's good day and mine.

MONDAY, JUNE 1

I have perfect faith that through Christ in me I can do all things.

DO YOU seem to lack faith? Possibly you only lack an understanding of the nature of Christ and the truth that He abides within you. Your faith in Christ may be weakened because you also believe in evil and adversity. You may not be able to do the things you want to do because of your adverse beliefs. Your faith in Christ needs to be quickened and increased.

Those who have faith in Christ have faith that the good they desire is coming into visibility. They have faith that Christ will triumph over the appearance of adversity. They have faith that nothing in all this world can prevail against the power of Christ.

The 11th chapter of Hebrews is so full of words of faith that it has come to be known as a lesson in increasing faith. When we use affirmations or words of faith, we find that our faith is strengthened. We feel that we can accomplish whatever we set out to do. Christ in us quickens us to an understanding of increased faith and we go forth with the assurance that we can do all things.

Faithfulness [shall be] the girdle of his loins.—ISA. 11:5.

TUESDAY, JUNE 2

*My every thought now obeys the mind of
Christ, the mind of Truth.*

WE COME to know Christ through spiritual consciousness. We reach that high realization in which our thoughts are unified with the mind of Christ. We take divine mind as our pattern and seek to have our every thought obey or conform to this mind. We find that the first obedience to Christ is that of thinking in unison with His mind.

We are of His mind when we think thoughts of Truth. The mind of Christ is the universal thought of Truth, and when we think Truth we think in harmony with Christ. Do not think of the mind of Christ as something circumscribed and existing apart from creation. You are identified with this mind when you think heavenward and Christward. You use the mind of Christ when you let Christ in you think through you.

There is only one Divine Mind, only one spiritual consciousness, only one science of Truth. Were there two, there would be war in heaven and Christ would be in opposition to Himself.

Bringing every thought into captivity to the obedience of Christ.—II COR. 10:5.

WEDNESDAY, JUNE 3

*I am free because my thought is ever turned
to my freedom through Christ.*

IF YOU would be free, you must think in terms of freedom. Your thought must be directed to Christ, through whom you were made free. If you think thoughts of bondage, you will bind yourself to limitation and adversity. You cannot be free until you are first liberated in your own thought. You must let the Christ consciousness set you free from all bondage.

Freedom is that which man prizes above all else. In order to gain it he will sacrifice almost everything. The student of Truth knows that he needs but give up his belief in bondage. He needs to give up the thoughts that are antagonistic to his freedom.

You are free when Christ in you gives you freedom. You receive this only when you are ready to yield your belief in bondage. You are free only when there no longer exists in your consciousness any thought other than the thought of Christ, your relation to Him, your freedom through Him. Your entire attention must be turned to Christ in order that you may enjoy perfect freedom.

If therefore the Son shall make you free, ye shall be free indeed.—JOHN 8:36.

THURSDAY, JUNE 4

I rise out of every thought of fear and become courageous through Christ.

THE PERSON who is fearful is one who has not found Christ. Only Christ can give true courage. Only Christ can cause him to lose sight of that which he fears and lay hold of his innate courage. The person who fears thinks of things of the external world as having power over him. He needs to turn in thought to Christ in the midst of him.

If you would be courageous, cease thinking of your fears and the things of the world that seem to stir up fear within you. Think of Christ. Think of His courage. Think of His presence as within and about you inspiring you to courage. Think of Him as being with you wherever you go and whatever you do, urging you to take the courageous attitude and inspiring you to fearlessness.

The courage of Christ becomes ours when we blend our thought and life with His. We become conscious that things of the world cannot make us afraid. We realize that our courage is centered in Christ and that all that we do is backed up by His courage. We realize that He never fails us.

I, Jehovah thy God, will hold thy right hand, saying unto thee, Fear not; I will help thee.—ISA. 41:13.

FRIDAY, JUNE 5

*The peace of Christ fills my heart and fills
my whole world with peace.*

WHEN WE know that Christ abides in our heart as peace, nothing in all this world can make us inharmonious. When we know that His peace fills us and overflows into our world, we shall realize that nothing but peace can exist for us. The peace of Christ supplants inharmonious conditions of our environment when our heart is filled with peace.

If you need more peace in your world, turn to Christ. Give up inharmonious thoughts if you would live in a world of peace. Give up every thought that would war against the peace of Christ. Learn to think peaceful thoughts and to enjoy a world of peace.

Those who lack peace in their life have a sense of lack of Christ. Christ does not appear in their life as their peace. Quite often those who call themselves Christians fail to know Christ as the presence of peace. They live in inharmonious conditions because they lack the consciousness of the presence of Christ, the presence of profound peace. They search for peace only to find Christ.

Thou wilt keep him in perfect peace.—ISA. 26:3.

SATURDAY, JUNE 6

The justice of God now prevails in my thought, in my life, and in my affairs.

NOTHING but justice can prevail when we no longer believe in injustice. Injustice will have lost its power to appear when we remove from it the belief that has sustained it. When we cease to believe that we can be unjustly dealt with, when we no longer deal unjustly with others, then injustice will have no place or power in our world. Only God as justice will prevail in our manifest world when we have only justice in our mind.

The way to put an end to the injustice of the world is to do your own part through right thought, deed, and endeavor. The individual's part is primarily that of correcting his own thought. Each one must do his own part toward reducing the thought of injustice and toward replacing it with the consciousness that God prevails as perfect justice.

Dedicate this day to justice. Think of God as ruling your world as justice. Think of the power of justice as mighty to reduce injustice to nothingness. Behold injustice giving way to God and His justice. See the world being ruled by justice.

There is no God else besides me, a just God and a Saviour.—ISA. 45:21.

SUNDAY, JUNE 7

*I patiently witness the work of Christ now
being done in me and in all my affairs.*

THOSE WHO are impatient believe that some adverse thing or situation will cause their good to be delayed in reaching them. They are impatient because they believe that the speed of evil will prove to be too much for the slow action of God. They are impatient because they think something has power to thwart the power of God.

Patience always issues from a deep spiritual understanding. When we realize that God is that which sustains us and that we can always depend upon Him, we have no difficulty in being patient. When we know that everything is working for our highest good, we can rest in the confident assurance that all is well.

The person who trusts God is always patient. He is willing to relax from all personal concern about his affairs and trust God to bring good to pass. He knows that his patience will be fully compensated for through the goodness of God. He realizes that he has but to give up all feeling of unrest and just let God work in and through him to bring him his highest good.

Let patience have its perfect work.—JAMES 1:4.

MONDAY, JUNE 8

God, the law of my life, now rules me and all my affairs as the law of my good fortune.

NEVER think of yourself as under some adverse law. Recognize but one law, God, the law of good fortune: the law of your peace, joy, health, and success. If you believe that some law of negation rules you, you will find yourself so ruled. The law you make for yourself will limit you if it is a law of limitation. If you recognize but one God and one law, you will discover that this is the law of your good fortune.

An understanding of the law of God frees us from all belief in any law of adversity. The law of God frees us through our knowledge that this is the only law. We come to realize that in Truth there can be but God and His law. We see that any law in opposition to divine law but attests to the powerlessness and nothingness of adversity and its so-called law.

Think of God as the law of your life. Do not regard any other law as having power over you. Think of one God and one law of good. Know that you are governed solely by God.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and death.—ROM. 8:2.

TUESDAY, JUNE 9

I give up all thought of anxiety because I have placed myself and all my affairs in God's keeping.

IF YOU are a person who lives in a state of anxiety, you will find that Truth will come to your rescue. You will find that your realization that God takes care of you will relieve you of anxiety. You will not worry when you realize that God is taking care of you.

The anxious person is one who concerns himself about everything but God. He thinks of the evil that may come to pass in his life. He is anxious because he believes that God's action will be delayed. He worries because he believes that some power in the world will prevail against the power of God. His anxiety is based upon his failure to trust God and to put himself in God's care and keeping.

If you would get rid of every thought of anxiety, you must get rid of every belief that something can limit or retard the power and action of God. When you trust God entirely, you will have no occasion for anxiety. When you place all your affairs in His keeping, you will no longer worry.

Casting all your anxiety upon him.—I PET. 5:7.

WEDNESDAY, JUNE 10

*The Spirit of wisdom now directs me into
the path I should take, and my way is
blessed by God.*

DO YOU have times of being undecided about what to do? Do you occasionally find two paths before you and have difficulty in choosing one of them? Have you learned to turn to God and to be led into your highest good? Do you know that when you choose the path God opens before you, you will receive the blessings of God?

You need never be undecided. You have but to turn to the Spirit of wisdom in order to be directed into the right path. You need but turn to God in order to be guided in the right step. In the mind of God there is no false step, no unwise decision, no wrong path. When your thought conforms to the will of God, you know just where to go and what to do.

In making a choice, your selection will be wisely made if first you turn in thought to God. Before making your decision, see what God wants you to do. See what plan exists for you in Divine Mind. Be willing to follow His plan and for compensation receive the choicest blessings of heaven.

Make straight paths for your feet.—HEB. 12:13.

Constant Prayer

With every breath and every step with God should go a prayer
A prayer of thanks for knowing God, a prayer for blessings
For every moment that we live some thanks to God should go
That we may life appreciate and more of it may know.

Our every waking moment now should be a time for praise
Let prayer be uppermost in mind throughout our many days
May we be constant in our prayer and never then lose sight
Of all the blessings that we have in daytime and at night.

If we are constant in our prayer and every moment pray,
The good is sure to come to us, be ours from day to day;
Because by prayer we join our heart with God and in Him
The very thing for which we seek when prayer is in our mind.



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for blessings rare.
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our many days;
when lost sight
and at night.

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day to day;
and in Him find
is in our mind.



THURSDAY, JUNE 11

*God, the good, is now manifested in me
and in my life as my own tangible good.*

THOSE WHO do not find good in their life do not find God. Good does not become tangible to them in the manifest world because He is not tangible to them in consciousness. Good does not come into expression in their life because they do not let Him be expressed in their thought.

If you would get rid of the evil in your world, get rid of your belief in evil. No longer entertain evil in your consciousness if you do not want to have to entertain it in your life. Every belief in evil but keeps you from believing in God.

The development of spiritual consciousness is but an ascendancy and victory over those adverse beliefs which seem to war against Spirit. As we develop in spiritual consciousness, we grow in understanding that God, the good, is all in all. This realization frees us from all belief that evil has place or power in our life.

We grow in spiritual consciousness until we gain the clear realization that God, the good, is all there is in Truth.

Abhor that which is evil; cleave to that which is good.
—ROM. 12:9.

FRIDAY, JUNE 12

The love of Christ in my heart is now expressed in my world as love for all persons.

THOSE WHO lack love must find it through the presence of the Spirit of Christ within them. In His presence there can be no hate. All sense of personal animosity is lost when we turn in thought to Christ. We can only love when there is only Christ in our thought.

The love of Christ in your heart is mighty to work great changes in your life. Love is magical in its action. Your whole life will be transformed through your consciousness of love. You will find that thoughts of hate and animosity will be changed to thoughts of love when you enter the loving consciousness of Christ.

Many persons lack love. They lack the consciousness that the presence of Christ within them is the presence of tangible love. Many metaphysical students regard love as something abstract and need to know its tangibility and their own ability to lay hold of it as something real and practical. They need to sense the love of Christ within them as the love that will solve their problems and remove their difficulties.

Love one another.—JOHN 13:34.

SATURDAY, JUNE 13

The kingdom of heaven is within and about me and becomes tangible to me through my heavenly thoughts.

H EAVEN is that state of consciousness in which we find ourselves and all things in complete harmony. Those who do not have the proper adjustments in life, who find themselves in inharmonious situations, need to turn to heaven. They can find it through heavenly thoughts. They find heaven a reality when it becomes tangible to them in their thinking.

Never think of heaven as a place apart from you or as some place you can reach through negative thought and death. Heaven is not the reward of death. It is the reward of life and the consciousness of Truth. Do not think of heaven as separated from you by space or time. You find heaven when you reach the consciousness of no space, no time, no separation, no delay.

Heaven, perfect harmony, will be yours only when your thoughts are in harmonious adjustment with the mind of Christ. You find yourself in heaven when you cease to think satanic thoughts and dedicate your mind to Christ.

The kingdom of heaven is at hand.—MATT. 4:17.

SUNDAY, JUNE 14

*My body is the temple of the living God,
inhabited by His presence.*

DO YOU think of your body as the temple of God? If you do, then you think of it as something not altogether physical and material. You begin to see something of its spiritual nature. You realize that God's temple is something holy and that you must regard it as such.

Were you to think of your body as altogether material, you would find it limited by material laws. You would not be able to free it from material bondage as long as you recognized such a limitation. You could not perceive its mental and spiritual nature as long as you believed it to be simply something material and physical.

The temple of God is your body. When you realize this truth, you see your body in a new light. You find that Scriptural references to the body proclaim this truth. You are free from misconceptions about it. You see it as filled with the presence of God, the presence of your own life and health. You discover that the presence of God is one that no longer tolerates any presence of disease.

*The temple of God is holy, and such are ye.—I COR.
3:17.*

MONDAY, JUNE 15

The Truth of Christ now established in my consciousness sets me free from every misconception and erroneous impression.

TRUTH is educative in its action. Established in consciousness, it frees us from false beliefs and misconceptions about life. The Truth of Christ removes from our mind all belief in the power of sin, evil, disease, and failure. We cannot accept these as true when we know the Truth of Christ, the truth about our good, our health, and our abundance.

Jesus brought mankind the science and philosophy of life that is mighty to give it the very blessings of heaven. His teaching became known to us as the Truth of Christ, the good news about our blessings. Man in bondage to false and limited beliefs can readily exchange these for Truth and for good.

The Truth of Christ introduces to man the eternal verities of life and causes him to know that these are his in spirit and in truth. Man cannot live apart from Truth and its blessings when he accepts Christ.

Grace and truth came through Jesus Christ.—JOHN 1:17.

TUESDAY, JUNE 16

*The joy of Christ within me makes me and
my whole world rejoice.*

WHERE IS the center of your joy? Do you think it is in something in the external world? Does the state of the external world establish for you your joy or unhappiness? Does your joy depend upon what other persons say or do? Do you find that your joy changes or diminishes according to the condition of things about you?

Christ lives within you. He is the source of your joy. Your joy can never diminish when you know that Christ is your inexhaustible source of joy. Things of the world cannot affect the joy that is established in Christ. His joy is never vacillating, never unsteady, always dependable. His joy bubbles forth in you, regardless of persons and things of the world about you.

If you have previously thought of joy as depending upon external things, if you have thought of your unhappiness as coming from them, learn the mighty truth of Spirit: your joy is the joy of Christ within you. Christ rejoices to abide within you and to inspire you with the joy of His Father.

That my joy may be in you, and that your joy may be made full.—JOHN 15:11.

WEDNESDAY, JUNE 17

The protecting presence of Christ assures me of safety wherever I am, wherever I go.

THINK of the presence of Christ as ever with you. Regardless of where you go, Christ is there. He is your protection, your safety, your assurance of security. No harm can befall you when you realize that Christ is at hand. You cannot run into danger when you are aware that Christ is ever with you.

Those who need protection need Christ. They need to realize that He is ever with them, about them, at their side. They must know that they cannot go anywhere without having Christ with them. They may lose the consciousness of His presence, they may fail to sense His nearness, yet is He ever with them.

There can be no danger where Christ is. No evil can abide where there is a consciousness of nothing but good. No harm can befall man when he is aware of the loving, protecting, infolding presence of Christ. There can be no accidents in Spirit.

*He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.*

—PSALMS 91:1.

THURSDAY, JUNE 18

I cannot be separated from Christ and my good. I am ever unified with His blessings.

NEVER THINK of yourself as living apart from Christ. Do not think of persons and things as having the power to keep you separated from Christ or from your highest good. Think often of the great universal unity that joins you with Christ and your good. Know that nothing in all this world can keep His blessings from you. Realize that you are eternally identified with Him.

In Spirit we can never be separated from Christ. We find ourselves separated from His good, His blessings, only when we neglect to abide in the consciousness of unity. We find that we live apart from His peace, joy, love, health, and plenty only when we fail to identify ourselves with Him.

Christ is ever with us. He is with us as the blessing that we mostly desire and need. If we are conscious of His presence, we become conscious of the manifestation of that blessing by which we can best know and love Him. He appears in the form by which He can best serve us. His answer to our prayer is His manifesting Himself in such wise as to assure us of our oneness with Him.

The Lord is with thee.—LUKE 1:28.

FRIDAY, JUNE 19

*The light of Christ shining at the heart
of my being illumines me and my way.*

WERE WE to think of ourselves as living in darkness and in ignorance, we should deny Christ. He is ever with us as our illumination and inspiration. His light reveals to us that which we would know and see. Our good cannot remain hidden from us when we are conscious that the light of Christ reveals our good to us.

When we are inspired, we are conscious that the light of Christ is shining within us. When we think that we are ignorant and in the dark mentally, we are unaware of Christ, not conscious of His presence as light. We can see that turning to Christ is also a turning to light and wisdom.

The light of Christ is the source of our understanding. Things are revealed to us through higher wisdom. Inspiration comes to us when we draw near to Christ and live near to His light. We become illumined when we cease to live in the shadows of ignorance and live in the light of spiritual understanding. Our life, our way, and our world are filled with light when our heart is filled with Christ.

They that are wise shall shine.—DAN. 12:3.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

June 20 to July 19

Illumination

*The radiance of the Christ quickens my
understanding and I know the Truth.*

Healing

The Christ life quickens and heals me.

Prosperity

Christ blesses and multiplies my substance and I am abundantly supplied with all good.

SATURDAY, JUNE 20

*The healing presence of Christ within me
is my own visible and tangible health.*

TODAY we turn away from all belief in disease and meditate upon health. We cease thinking of disease as something that is true and real in us. We emerge out of that mental phantasy in which we think of disease as something that belongs to us. We no longer speak of "my" disease or call it our own.

Christ is present within us as the presence and power of our health. No disease thought can prevail against Him. His presence of health is mighty to overcome every human belief in disease. This presence is the presence of our own health. We lay hold of it by turning in thought to our own indwelling Christ.

If you would free yourself from disease, first set yourself free from the belief in it. Correct your thought. Think in terms of health. Instead of thinking of disease as present in you, think of the presence of your health, the presence of Christ. Identify yourself so closely with Christ that you are one with His health. Know that in Him you are every whit whole.

Jehovah, heal me.—PSALMS 6:2.

SUNDAY, JUNE 21

I think thoughts of plenty and my prosperity is revealed to me in its inexhaustible abundance.

TODAY we cast out of mind every belief in lack and failure. We no longer think of these as belonging to us or as having power in our life. We do not think that our supply is limited. We no longer think that our supply can be hidden, lost, or unrevealed. We cannot lose the position of having inexhaustible supply when in mind we place ourselves in the right relation to God, the source of our supply.

Thoughts of plenty identify us with plenty. We cannot be identified with lack and failure when in consciousness we identify ourselves with the bounty of God. Prosperity comes into manifestation and visibility for us as a result of our keeping prosperous thoughts in mind. We think in terms of prosperity when we perceive the Truth of Christ.

If you would be prosperous, think of the abundance of God as your own abundance. Think of your heavenly Father as showering upon you the very blessings of heaven.

Then thou shalt make thy way prosperous, and then thou shalt have good success.—JOSH. 1:8.

MONDAY, JUNE 22

*The forgiving Christ now sets me free from
all thought of sin and bondage. In Him I
am fully forgiven.*

IF YOU would be forgiven, turn to Christ. Cease to think of Him as holding you in bondage to sin and misdeed. You are released from sins of the past when you turn to Christ expecting forgiveness. He never withholds forgiveness. If you seem to be unforgiven, it is because of your own mental attitude.

The forgiving Christ is a great blessing. We have but to turn to Him to find our souls purified and ourselves made new. Without Him we should go on plunging deeper and deeper into sin and misfortune. With His blessing, we turn to Him and find ourselves made new. All memory of misdeeds of the past leave us when we are in His presence.

Do you need forgiveness? Cease to dwell in mind upon that which should be forgiven. Approach Christ in the thought that you are ready and willing to let go of the memory of your misdeed and that He is ready and willing too.

Repent therefore of this thy wickedness, and pray the Lord, if perhaps the thought of thy heart shall be forgiven thee.—ACTS 8:22.

TUESDAY, JUNE 23

The power of Christ reveals to me the powerlessness of adversity as well as my own power through Christ.

DO YOU think of persons and things of the world as having power over you? Do you think of adversity as having power over you? Do you think that some power of the external world can prove to be mightier than the power of Christ within you?

Many persons are unhappy because they do not realize where power lies. They think that power is outside themselves and that the state of their affairs changes at the whim of this power. In Truth we learn that power is where Christ is: within us. We discover that in Truth the only power is Christ and that He abides within us.

The study of Truth reveals to us that that which we denominate evil is something without power, since it lacks the power of Christ. We find that evil has no power over us because it has no power over Christ within us. This is the assurance of our unlimited power. It is the manifestation of the power of Christ.

With authority he commandeth even the unclean spirits.—MARK 1:27.

WEDNESDAY, JUNE 24

The stillness of the presence of Christ in me permeates my whole being with restful quietness.

DO THINGS of the world seem to disturb your quiet? Do you have difficulty in finding stillness? Have you found the restful quietness of the presence of Christ? If Christ abided within us only for the sake of giving us a sense of quietness, this alone would be a great blessing to us. What a privilege it is to be able to turn to Christ and be relieved of every thought of restlessness.

Those who practice the silence, who have regular periods for silent prayer, find strength therein. They find Christ, and through His silent presence they receive a benediction. The silence of the inner presence pervades our whole being when our whole thought is given to Christ.

Silent prayer, sensing the presence of Christ, gives us the ability to feel free from every disturbing situation. We find in Christ the answer to our prayer, because in His presence we let go of our seeming need or lack, and in its place we receive a blessing.

Enter thou into thy chambers, and shut thy doors about thee: hide thyself for a little moment.—ISA. 26:20.

THURSDAY, JUNE 25

This is my day of prayer, when I am conscious of my true relation to Christ and His blessings.

WHEN We pray, we should enter into the consciousness wherein we know that we live with Christ and that His blessings are open to us. We live in the realization of being so closely related to Him that nothing in all the world can keep our prayer from being answered and the blessing we seek from coming to us.

Never pray with the thought in mind that God may not want you to have some good. Never believe that as a child of God you are unworthy of your Father's heritage. God is constantly showering His good upon you. You have but to know this mighty truth in order to have your prayer answered.

When you pray, pray with the thought in mind that you are identifying yourself with God and His blessing for you, that you are making yourself ready for and receptive to the good that God is sending your way. Pray in the realization that Christ is always lavishing His blessing upon you and that in prayer you come into a clearer realization of how to receive and appropriate the good He has for you.

The prayer of faith shall save him.—JAMES 5:15.

FRIDAY, JUNE 26

*I realize that now is the best time to accept
and lay hold of the blessings of God.*

THERE IS no time like the present moment in which to lay hold of God's blessings. The reason for this statement is that the present moment is the only time to which we have any relation, the only time we are conscious of, the only time that is alive to us. We can easily see that time considered as past or future is abstract, dead, intangible. The present moment, the now, is the time in which we must lay hold of God's blessings and be receptive to the good that He shares with us.

Those who live in the past or in the future live in a world of phantasy. They live in contemplation of what was or what they hope will be. The now seems to escape them. They do not succeed in life because the truth about time never becomes real or tangible to them. Blessings do not come to them because they fail to recognize the only time that is alive and productive.

If your demonstrations are not completed, if your prayers are not answered, cease to expect these things in the future. Learn to expect your good to come to you right now.

The time is fulfilled.—MARK 1:14.

SATURDAY, JUNE 27

*The life of Christ in me now makes me
thoroughly alive and life courses through
my whole being.*

YOU CANNOT lack animation when you have the consciousness of your abundant life in Christ. You cannot lack sufficient life when you know that Christ lives in you and you live in Him. His presence within you assures you of bountiful life. You feel His life within you when you realize that in Truth you are forever identified with Him as the source of your life.

Live in the conscious realization that you cannot lack life, that you cannot be separated from life. Know that you are ever one with Christ, ever one with His abundant life. His life flows freely through you, cleansing and purifying you, strengthening and healing you. In Him you are made every whit whole. In Him you are forever alive.

Man's belief in disease and death cannot change the eternal truth of life in Christ or limit it in any wise. His life fills man to completion. Man is alive in Christ forevermore. The life of Christ sustains him throughout all time.

It is no longer I that live, but Christ liveth in me.
—GAL. 2:20.

SUNDAY, JUNE 28

I relax from all stress and strain and find complete relaxation in mind and in body.

WE FIND complete relaxation when we relax from all thought of stress and strain. We cannot be tense in mind, nerve, and muscle when there are no tense thoughts in mind. We relax readily and easily when thoughts producing tension are no longer entertained.

If you are tense, find out what thoughts are causing the tension? Correct your thinking and drop from mind any thought that makes you tense. Cease to resist the actions of other persons. No longer feel belligerent toward life in general. Cease to be antagonized by what others say. No longer feel that God's help will be delayed or thwarted. Do not expect evil to come to pass.

The tense person shows very plainly that he does not trust God. He shows that he believes that the working of evil will become manifest in his affairs. He is tense because his trust in God has not been quickened to the point where he can rest secure in the assurance that all is well.

*He maketh me to lie down in green pastures;
He leadeth me beside still waters.*

—PSALMS 23:2.

MONDAY, JUNE 29

My every thought this day is directed toward Christ in the midst of me.

IN UNITY DAILY WORD our thought is often turned to the presence of Christ within us. The keynote sounded throughout the lessons is that of the indwelling Christ presence. We are called upon to direct our thought away from that of the world, which seems to be evil and adverse. Our attention is turned toward Christ within us, and in His presence we find the inspiration and blessing we seek.

Christ abides within us as wisdom, joy, love, health, courage, and substance. He is that which man is ever seeking and that alone which can satisfy the longing of man's soul. Man looks to the world about him for satisfaction but fails to find it. He turns to Christ within and finds the end of his search. In disease he turns to Christ and finds health. In lack, turning to Christ, he finds substance.

Christ alive in you is that which identifies you with God and heaven. Christ is that which links you to your highest good. Incidentally, your consciousness of Christ and good breaks any connection you have with evil.

Christ in you, the hope of glory.—COL. 1:27.

TUESDAY, JUNE 30

My vision is clarified through the power of God, and I see all things clearly and distinctly.

DO YOU think of your eyes as having their power of vision from God? If you do not see clearly, you need to be free from fear and strain and just let the Spirit within you use your eyes. This gives you the experience that Spirit is looking out through your own eyes. You find that the vision of Spirit becomes your own power to see all things clearly and distinctly.

Those with weak or tired eyes need to give themselves a metaphysical treatment for spiritual vision. They need to realize that they can see whatever they desire to see.

It is necessary that we avoid all thought of condemning our vision. The eyes are closely related to the soul, and as we have soul experiences we often find that our eyes need attention and blessing. We find that we must treat and bless the eyes with the thought that they are spiritual, the avenue through which spiritual vision works.

Jehovah lighteneth the eyes.—PROV. 29:13.

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PROTECTION

The Lord of prayer protect us from
rearward, above, below!

May God from the front and from
the center,

As Friend to friend, vouchsafe
us room and freedom!

—*Atharva-Veda.*



